

Pellet Insertion Aftercare Instructions for Women

- ❖ Your insertion site has been covered with two layers of bandages. You may remove the large transparent patch (Tegaderm) and gauze padding after 24 hours if you choose to do so. The Tegaderm must be removed if water gets underneath it and soaks the gauze padding. The innermost layer of dressing is either waterproof foam tape or steri-strips, this should be removed after **7 days**.
- ❖ If you experience significant swelling or discomfort during the first 24 hours after your procedure you may apply an ice pack to the area for 20-minute intervals. Do not apply the pack directly on bare skin, wrap one layer of Kleenix tissue paper around the pack before applying it.
- ❖ Do NOT soak in water for 7 days after pellet insertion. You may shower but do NOT immerse yourself in water for 7 days, so avoid swimming or soaking in a bathtub or hot tub. When showering do not scrub or otherwise traumatize the area.
- ❖ Avoid strenuous activity or exercising your lower body for 7 days. Avoid running, climbing, squatting or doing lunges, etc. You may exercise your upper body but use care to isolate your activity so it does not tense the gluteus muscles or stretch the skin in the buttock area.
- ❖ The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days, this is normal.
- ❖ The insertion site may mildly uncomfortable for up to 3 weeks after insertion, take care not to bump or apply excess pressure to the area. If you experience itching or redness you may take Benadryl 12.5-50 mg orally every 6 hours as needed. (Caution this may cause drowsiness).
- ❖ Mild bruising may be seen for a couple of weeks after insertion, this is normal.
- ❖ You may notice some pinkish or bloody discoloration of the gauze padding underneath the Tegaderm, this is normal.
- ❖ If you experience heavy bleeding from the incision, apply firm pressure for 5 minutes. Please call if you have any bleeding that is not relieved with pressure, as this is NOT normal.
- ❖ Please call if you have any pus coming out of the insertion site, as this is NOT normal.

Reminders:

Remember to have your blood drawn for lab work **4- 6 weeks** after your **1st pellet insertion**. Follow up in the office 1 week after your blood is drawn to discuss your lab results and assess your response to treatment.

If you have any problems, questions or concerns about your incision site or treatment instructions please contact our office. If you are unable to reach a staff member, or it is outside of normal business hours, you may text Dr. Sachdev's mobile phone for assistance.

Name: _____ Date: _____